ANABOLIC-ANDROGENIC STEROIDS

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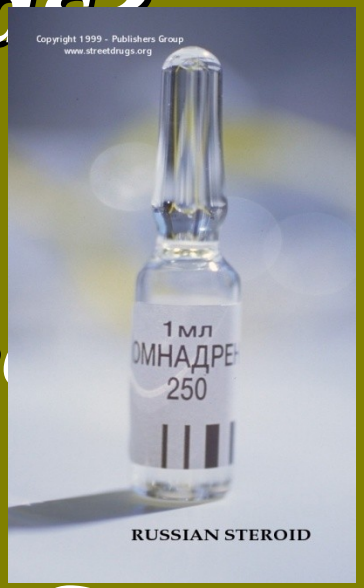


WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?

- ***Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.***

- ***Anabolic-androgenic Steroids are more commonly known as "Anabolic Steroids".***

WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?

Anabolic Steroids Effect the Human Body in Two Major Areas:

1) The anabolic effects of the drugs promote the growth of skeletal muscle.

2) The androgenic effects of the drugs promote the development of male sexual characteristics.

HISTORY of STEROIDS

1860's ***- The first documented use of drugs to enhance athletic performance. A group of swimmers in Amsterdam took drugs to swim faster.***

1935 ***- Testosterone was first synthesized, and German soldiers were reportedly using it to perform better and to become more aggressive.***

1950's ***– During the 1952 Olympics the Russian weightlifting team won the gold medal due to synthetic steroid use.***

HISTORY of STEROIDS (cont)

1950's (cont) *– A U.S. pharmaceutical firm develops the first Anabolic Steroids.*

1970's *– Demand for anabolic steroids grew as professional athletes discovered some of the benefits. The myth that athletes NEEDED to use anabolic steroids to remain competitive began to be heard.*

1975 *– The International Olympic Committee officially banned the use of steroids.*

HISTORY of STEROIDS (cont)

1984 – The first case of a bodybuilder contracting AIDS due to steroid needle sharing became public.

1988 – The sale of anabolic steroids for non-medical purposes was made illegal under the Anti-Drug Abuse Act of 1988.

1990 – The possession of anabolic steroids without a prescription was made illegal w ted S

HOW ARE THEY TAKEN?

Anabolic Steroids can be ingested in a variety of ways:

1) ***Orally – In a pill or liquid form.***
2) ***Intravenously – Injected with the use of a hypodermic needle.***
3) ***Rubbed onto the skin with the steroid in a gel or cream form.***

****Some steroid users mix different types and amounts of these drugs to increase the effects. This is call "<u>Stacking</u>".****

WHY ARE THEY USED?

Athletes use anabolic steroids for many different results:

1) *To trim body fat faster.*
2) *To increase muscle size.*
3) *For faster post workout muscle recovery.*
4) *In order to train harder and more often.*

SHORT TERM PHYSICAL EFFECTS

- Sore Throat
- Bad Acne/Rashes
- Chronic Headaches
- Insomnia
- Nausea and Diarrhea
- Bloating
- Muscle Cramps
- Bone Pain

LONG TERM PHYSICAL EFFECTS

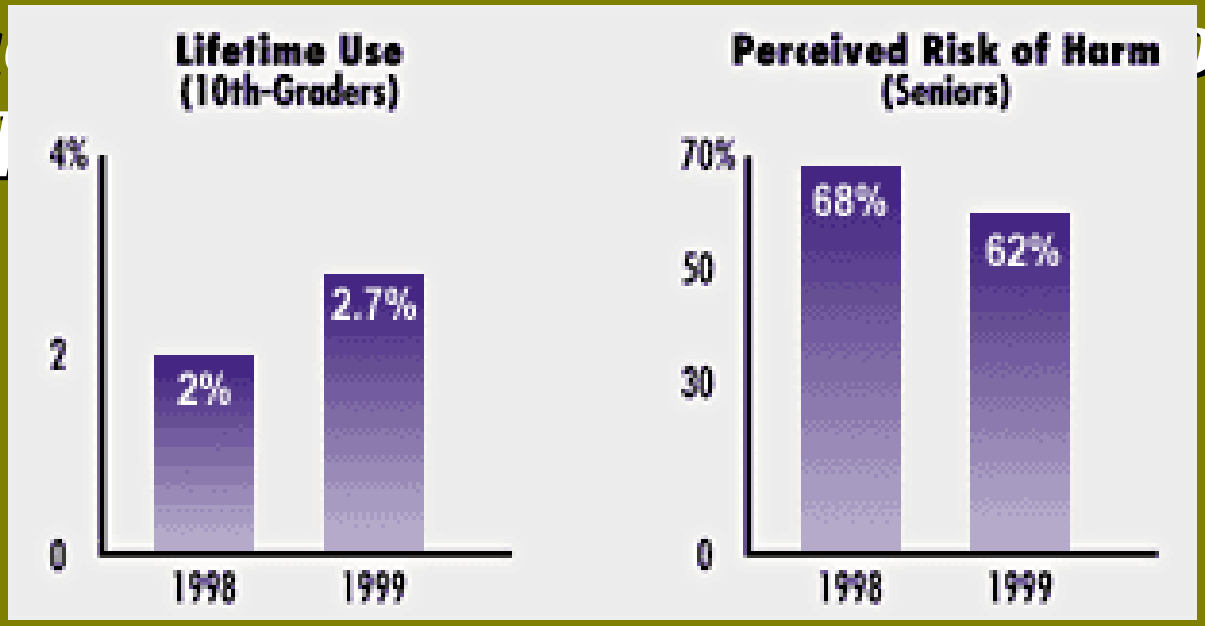
- Extra Body Hair for Women
- Feminine Breasts in Men
- Baldness
- Sterility
- Brain Damage
- Blood Clotting/High Blood Pressure
- Tumors of the Liver
- Hepatitis
- Liver Cancer
- Eye Infections
- Kidney Disease
- Enlargement of Facial Bones
- Heart Attacks

PSYCHOLOGICAL EFFECTS

- Overly Aggressive Attitude or "ROID-RAGE"
- Homicidal Rage
- Chronic Depression
- Loss of Memory
- Excessive Sexual Arousal
- Loss of Interest – lack of concentration, and no energy to do anything.

STEROID ABUSE IN THE U.S.

While there is not much data on adult steroid use, evidence shows that a on th



STEROID TESTING IN THE ARMY

- Steroid testing of individuals for probable cause or testing certain populations may be requested by commanders, however PRIOR coordination must be made through the IBTC and Fort Meade.

- Specimens collected will NOT be tested for any other drugs. A second sample must be collected for additional drug testing. The second sample must be on a separate DD Form 2624 and preferably shipped in a second box.

NORANDROSTENEDIONE

- *Norandrostenedione is an over the counter dietary supplement that is very much like anabolic steroids. Instead of converting to testosterone it converts to nandroline.*
- *It CANNOT be determined if dietary supplements or anabolic steroids were used if the laboratory result is reported positive for Nandroline.*
- *In such cases, NO ACTION CAN BE TAKEN AGAINST THE SOLDIER.*

ADDITIONAL RESOURCES

- http://www.drugabuse.gov/drugs-abuse/steroids-anabolic
- http://www.drugabuse.gov/nidahome.html
- http://ncadi.samhsa.gov/
- http://www.nida.nih.gov/ResearchReports/Steroids/
- http://thesteroidtruth.com/
- http://espn.go.com/special/s/drugsandsports/steroids.html

UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS

For more Information Contact
The Fort Lee ASAP Office:
(804) 734-9079
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